



CAULIFLOWER TORTILLAS

By Dr. Cindy Tanzar
(Standard/Maintenance)

If you're looking for a versatile "bread" replacement, this is a great option! These cauliflower tortillas are a perfect way to help add vegetables and variety to breakfast, as well. They are fun to eat and easy to make. Try adding a sausage patty from our Breakfast Turkey Sausage recipe between two tortillas, or wrap a tortilla around sausage links from Applegate Farms (a little Lakanto maple syrup would be delicious for dipping). You can also use two tortillas to make a "hamburger bun" or fill each tortilla with tuna salad or other protein of your choice. This recipe makes 6 tortillas. Three tortillas cover one cup of cooked vegetable for one meal; or you can use 2 tortillas and add sliced tomato, lettuce or onion, as well to complete your veggie serving. Enjoy!



INGREDIENTS

2 cups finely-riced cauliflower (frozen is fine or make your own)
2 large pastured eggs
1 Tbsp coconut flour
1/4 tsp garlic powder, optional
Pink Himalayan salt & black pepper, to taste
(Can sprinkle in oregano, thyme or basil for more flavor options)
Avocado or coconut oil, for browning



INSTRUCTIONS

Preheat oven to 375°F. Line a baking sheet with parchment paper or silicone mat.

Place riced cauliflower in a non-stick pan and stir-fry until tender, being careful not to brown. If you prefer, you can microwave home-riced cauliflower until tender (or follow bag instructions for frozen).

Once cooked, you need to remove as much moisture from the cauliflower as possible. Start by placing it in a kitchen towel and squeezing out the liquid. If you have a lot, you may need another towel or even use paper towels to help remove more liquid.

Mix together eggs, coconut flour, garlic powder, salt and pepper (and any herbs, if using). Add cauliflower to it and mix well to form a dough. It will be somewhat “loose” but will firm up with baking. Divide into 6 mounds, placing them on the baking sheet, and flatten into a tortilla-shaped round.

Bake for 10 minutes, flip and bake another 5-7 minutes. Remove from oven and place on a baking rack to cool 10-15 minutes. Once cooled, heat a non-stick skillet over medium heat, and add a Tablespoon (or two, if needed for second batch) of avocado or coconut oil. Brown the tortillas (3 at a time) on each side lightly.

NOTE: The tortillas are more pliable and easier to form as a tortilla after being refrigerated, or the next day. They are great used as a “sandwich” right away. Store leftovers in the refrigerator for up to a week.